



## 24-hour weather Forecast

Clear and Sunny NW Winds 10 to 15 Knots

Hi: 67 Lo: 58

# the Statesman

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APRIL 24, 2001

A DAILY NEWSPAPER FOR THE CREW OF USS JOHN C. STENNIS (CVN 74)

## Support is a vital key in quitting smoking

by LCDR Vinny Giardino

Onboard the USS JOHN C. STENNIS (CVN-74) a special program is being offered to help interested sailors quit their tobacco use. The program has been in place since the ship's very first underway and continues to thrive. During that time many Sailors have successfully quit while there have also been many would be "quitters". It is a tough road to quit a habit that can be so ingrained in a person's lifestyle and daily routine.

The Smoking Cessation class meets with its program participants once weekly. Each "Class" or group meets for four sessions, once each week for four weeks. The sessions follow a program laid out by the American Cancer Society, called the "Fresh Start Program." This is a program designed for adults who wish to quit their tobacco habit. The group meets to discuss ways in which they can develop and sustain a change in their current routine of tobacco use. The ship

offers the use of Nicoderm patches to help some of the participants. Mostly it is through learning tools and tips and keeping focused on the goal that the participants reach success and remain tobacco free.

Even with a program such as this, success is hard won. Many participants can only begin to quit and soon lapse back into smoking. However, they are reminded not to become discouraged. Statistics show that on average it takes a smoker 4 or 5 tries at quitting before permanent success is achieved. With each effort each individual can learn something in which to make the next attempt more likely to be successful.

Tobacco use onboard has come along way since the days of the "old Navy". Go ask your salty chief and he or she can relay how ships once allowed smoking in every work center (barring a few weapons areas). Now smoking is allowed at only designated smoking sponsons. And if we look to the future, it is not hard to imagine a day not too far off where smoking will not be allowed onboard at all. Our proud ship calls California its home, and just a few years ago would it have been imagined that there would be no smoking in bars and restaurants here in California?

Use of tobacco onboard is not limited to smoking.



Photo by JO2 David-Michael Ross

*LCDR Giardino spearheads the Fresh Start Program onboard JCS, which offers smokers assistance in overcoming nicotine addiction.*



WHEREVER YOU GO IN  
THE WORLD... SMOKING  
IS LESS PREVALENT

## DOING THEIR JOB, AND DOING IT RIGHT

*The VERTREP that took place on Monday, April 23, 2001 kept G-1 Division busy as well as attentive to the inherent dangers of loading ammunitions. It is their duty to support the airwing by loading and unloading all issued cargo. 160,000 lbs. of small arms weapons and artillery were brought onboard JCS during the evolution. A large part of this task was completed with the aid of "Pogo's" which are rubber/plastic composite ropes that remain durable and unfrayed.*

*Clockwise: AO3 Scott Black and AO3 Jason Rosebrough remove cargo nets. AO3 Richard Scriver moves "pogo's" from the path of incoming aircraft. AO3 Black heaves to on a pogo. Illustration provided by DM2 Chad Dulac.*



Photo's by PH3  
James Farrally



*The Statesman* is an authorized publication for the crewmembers of USS JOHN C. STENNIS (CVN 74) and Carrier Air Wing NINE. All national and international news is provided by the AP and UPI news wire services. Contents herein are not necessarily the views of, or endorsed by the U.S. Government, the Department of Defense, the Department of the Navy, or the Commanding Officer of USS JOHN C. STENNIS. *The Statesman* is edited, prepared and provided by the JCS Public Affairs Office. All news releases, photos or information for publication in *The Statesman* must be submitted to the Public Affairs Office (01-170-3-Q). All submissions are edited for accuracy, clarity, brevity and conformance to style. The staff reserves the right to edit or reject any submission. The PAO gratefully acknowledges the assistance of the "World's Finest" JCS Photo Lab, Print Shop and the Combat Systems Department in the publication of *The Statesman*.



Commanding Officer    CAPT R. K. Gallagher  
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Public Affairs Officer    LT Chito Peppler  
Assistant PAO    JOCS(SW/AW) C.A. McIntire  
The Statesman Editor    JO2 David-Michael Ross

Contributing Staff    JO1 James Junior  
JO2 Travis Meadors  
JO3 Nick De La Cruz





# SAILOR OF THE DAY

HONOR

April 23, 2001

COMMITMENT



COURAGE

**Name:** MS3 Dean House**Assigned to:** Supply Dept./S-5 Division**Hometown:** Hot Springs, Arizona**Reported Aboard:** December 26, 1998**Job Description:** "I am responsible for cleaning and maintaining JCS DV/HODS staterooms."**Favorite Movie:** The Tell Tale Heart.**Places visited while in the Navy:** Canada, Hong Kong, Mexico, Korea, Malaysia, Perth Hobart, Hawaii, Bahrain, and Jebel Ali.**Reason for joining Navy:** "To travel and see the world."**Most memorable event in career:** "Spending time overseas and meeting interesting people."**Hobbies:** "Reading and traveling."

## *Chow will go on as scheduled*



Photo by PH3 Quinton Jackson

*(left) MS2 Lawrence Ejan chops vegetables for the salad bar, while MS3(SW/AW) Nelson Sapidia, MSSN Jess Vistro and MSSR Aneuris Robles (l to r) prepare for midrats during a recent General Quarters drill.*

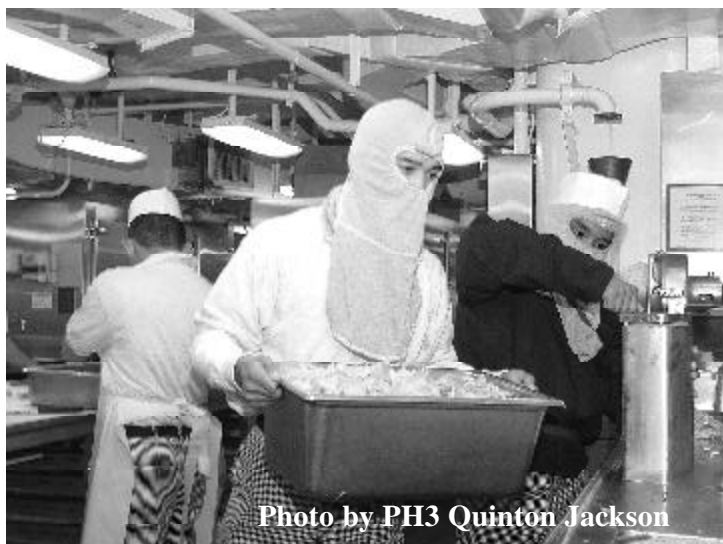


Photo by PH3 Quinton Jackson

# JCS TELEVISION

WEDNESDAY, APRIL 25

KJCS - SITE TV CHANNEL 7

0000 Iron Eagle IV

0200 Wag The Dog

0400 Gotti

0600 Evening Reports

0610 Crimson Lights

0740 Happy Hour/Fod Walkdown

0900 Witches of Eastwick

KMOV - SITE TV CHANNEL 8

0000 Midnight In The Garden  
of Good and Evil

1500 True Lies

0530 Navy/Marine Corps News

0600 Evening Reports

0610 Great Expectations

0740 Happy Hour/Fod Walkdown

0900 Mission Impossible 2

1130 Navy/Marine Corps News

## HEALTH (CONT. FROM PAGE 1)

Even though officially smokeless tobacco use is not allowed onboard its use continues. How do we know? Speak to the Dental Department. Dentists can tell by looking at the inside of your mouth if you have been placing tobacco there. Of course when we are in port its use could be taking place off the ship, but during deployments a fair amount is still being used and is evident during those dental screenings. These individuals are also welcome as participants in the shipboard tobacco cessation program and are encouraged to do so.

### *Mission Impossible 2*



Tonight only on SITE TV  
Channel 8

Be there... whatever it takes  
**2100**



All of us have by now learned of the dark side of tobacco use namely; its health hazards, its offensive smell, how it stains our teeth and fingernails, and yes it even ages the skin prematurely. It is encouraging to know that the Navy and our piece of it, the USS JOHN C. STENNIS, is doing its part to help those who wish to learn more and help themselves to break the habit.



Congratulations to **Erica Kizzie**, wife of **ABE2 Andre Kizzee** of V-2 Division. She is the winner of a \$5,000 scholarship from the John C. Stennis Center for Public Service.

### *All hands are invited to participate in the JCS/MWR Strongman & Strongwoman Competition*



AWARDS GOING TO TOP FINISHERS!  
ALL PARTICIPANTS RECEIVE A TEE-SHIRT!!  
ENJOY A GREAT BBQ!!!

THERE WILL BE  
INDIVIDUAL WEIGHT CLASS  
WINNERS

JOIN US FOR A GREAT DAY AT THE BEACH

**Barber's Point Beach  
Hawaii**

Entry Fee: \$10.00

*Got it Going On?*

DATE: SATURDAY, MAY 19  
TIME: 1400  
CONTACT: MIKE HOOKER  
AT J-7999